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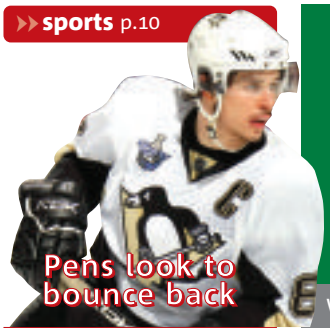

metro®
Wednesday, May 28, 2008 metronews.ca Calgary

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just 'a hobby'

Scarlett won't tour recently released cover album of Tom Waits tunes

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Students raise $41,000 to build school in Rwanda

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Getaway with the girls in N.Y.

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Roomier, sportier Corolla

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Another version of Alanis

High 21°
Low 5°
WEATHER P. 23

ROBIN KUNISKI FOR METRO CALGARY

Vipers welcome Fleury

Theo Fleury swung the pine at Calgary Vipers' batting practice yesterday at Foothills Stadium. Patrick Haas of the Vipers said negotiations to have the former Flames star suit up during the season are ongoing, though Fleury will throw the ceremonial first pitch for the club at the team's season opener next Thursday.

West LRT leg a go

New route, Sunalta station, $50K traffic study get green light

By **NEIL MACKINNON**
Metro Calgary

Calgary's West LRT leg appears poised to proceed as planned.

The city's land use, planning and transportation committee yesterday gave the green light to all five recommendations and four amendments, including ones by aldermen John Mar and Joe Connelly for an at-grade station for Sunalta and a $50,000 traffic study for the intersection of 17 Avenue and 45 Street SW.

This was all done after about five hours down the back-third of a marathon meeting, which initially kicked-off last week with a 12-hour session dominated by citizen concerns over safety and elevated lines.

back to council

» Ald. Joe Connelly, who proposed halting the proposed line at Sunterra Market until proper funds were available, said the matter should come back to council as early as two weeks "if they blue sheet it, which I expect they will."

Approved was a revision that would send the new route, at-grade, through the median of Bow Trail from 19 Street SW to 33 Street SW, boosting the total cost to $716 million, while also adding an extra eastbound lane to Bow Trail and getting rid of the much-maligned elevated portions of track.

Mar, who lobbied for an independent review of three separate alignment options, said it was a bittersweet day, but one that should keep the project on track.

"What we've arrived at now is a compromise that I think most people will be able to live with," he said.

–neil.mackinnon@metronews.ca

Tourists find body near Lake Louise

The RCMP is investigating a suspicious death after two tourists found a body near Lake Louise on Monday.

Sgt. Patrick Webb told Metro the tourists were walking on a pathway between Lake Louise town and the lake when they discovered the man, believed to be in his 30s and from Regina.

"It was a shocking find and they were shaken up to say the least," Webb said.

While police are treating the death as suspicious, the medical examiners report was inconclusive and further tests are required to determine the cause of death.

Webb said there was no evidence of animal involvement in the death.

METRO CALGARY

Police nab suspected cop fakes

City cops have arrested two men in connection with numerous reports the suspects were driving around impersonating police officers.

The two men were driving a dark green Honda Accord with a blue flashing light on the roof and were allegedly attempting to pull vehicles over.

In one case, the suspects approached three young females and demanded they get into the car, but the girls ran away and called police.

Police arrested the two men on McLeod Trail and Heritage Drive and charged them with impersonating a police officer.

METRO CALGARY

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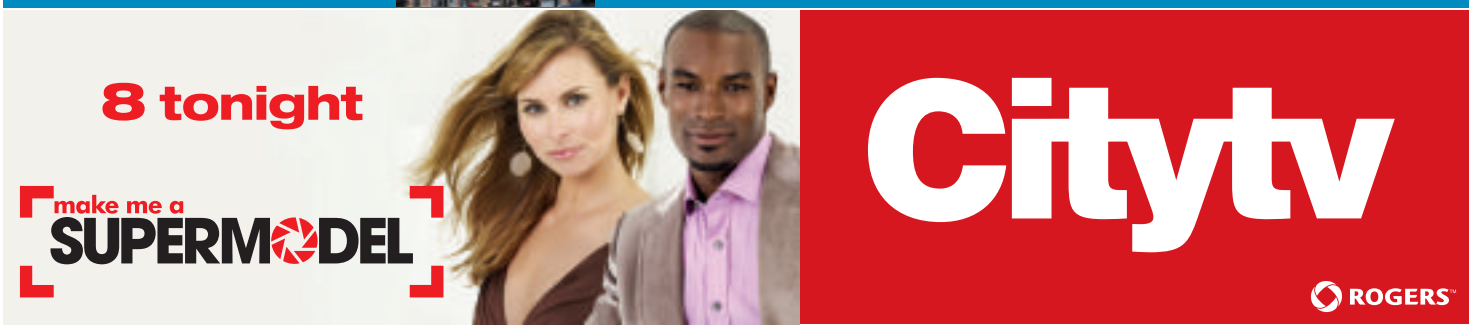
local

Calgary Ghost Tours invites Calgarians on a ghastly adventure of the haunts of downtown beginning May 30 until Oct. 30. For more information, visit *www.calgaryghostours.com.* METRO CALGARY



Kids raise hope for Rwandans

Students donate $41,000 to build African school

By **ALICIA FOX**
for Metro Calgary

Deafening screams of delight thundered through the gymnasium and echoed down the hallways of Bearspaw School yesterday afternoon where the students welcomed two celebrities who had come to celebrate their victory for another school.

UNICEF
» The kids' efforts made them UNICEF's top fundraiser in Canada.

Farley Flex from Canadian Idol and Melissa Hollingsworth, a 2006 Olympic Games bronze medallist, made the trip to the school to acknowledge the kids' work in raising $41,000 over the past eight months that will almost completely pay for a school to be built in Rwanda, which will cost $50,000.

"Generosity is a very big and a very important word," Flex said during his address to the kids, encouraging them to "fall in love with giving."

Through bake sales, selling photography, and galas, the year and a half of planning gave way to major success.

Dorothy Dyer, self-described as the "lucky principal," said that after the school is built she hopes to establish communication between the children at the schools to further the idea of kids helping kids.

"(This school) gives them a future," said Connor Branch, a Grade 8 student. "I never knew that we were so much more fortunate than them."

Weather **Sliding into sunshine**

ROBYN KUNISK/FOR METRO CALGARY

Kathleen Stone keeps a close eye on her daughter Jessie, 5, as she goes head first down a slide in a Killarney park yesterday. Her kids couldn't wait to hit the parks after the week of rain.

City's low-income tax plan finds support

By **NEIL MACKINNON**
Metro Calgary

For those struggling to stay afloat in Calgary's steady economic waters, tax relief could mean the difference between having a roof over their heads and homelessness.

Calgary Housing Action Initiative co-ordinator Grant Neufeld welcomed a city plan to provide property tax assistance for low-income families.

Even if last year only two-thirds of 1,200 applicants were approved, receiving an average of $108, it could be a deal breaker for those straddling the poverty line on a daily basis, Neufeld said.

"For people who are very close to the wire, it can make the difference, assuming the process isn't a whole pile of work, as these things often are," said Neufeld

"I'm glad the city's offering this because every bit of help that people living in poverty can get is important, but we've got a lot further to go to keep people in their homes."

-neil.mackinnon@metronews.ca

criteria
» With a goal to help Calgarians on the lower end of the economic spectrum cover the costs of escalating property taxes, property tax mitigation worker Susan Fernando said applicants must meet several criteria, including providing proof of a maximum single income of $21,202 or $26,396 per couple, experience a tax increase from last year, live in the residence and own no other property.

Police honour citizens

By **KRISTA SYLVESTER**
Metro Calgary

A local organization was one of three recipients honoured last night for its tireless efforts in aiding police.

The Calgary Search and Rescue Association (CALSARA) was recognized at the first-ever Calgary Police Commission Awards (CPC) for its work in search and rescue in the Calgary area.

"It's a great honour to be recognized and it feels nice but we don't do it for the recognition. We do it because we want to help the community," senior search manager Mark Demong told Metro.

The awards were presented last night at a dinner at the Glenmore Inn. Rose-Marie Foley and John Hornach were also recognized.

"We are shining a light on those citizens who are doing exemplary work alongside the CPS in the spirit of community policing," police commission chair Denis Painchaud said.

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Walk, bike, just don't drive

National week for Environment kicks off Sunday

By **KRISTA SYLVESTER**
Metro Calgary

Take your bicycle, your roller blades, public transit or just your good ol' feet — just don't take your car.

That's the challenge the Sustainable Alberta Association (SAA) is issuing to Calgarians as National Environment Week kicks off on Sunday.

"Waking, car pooling, transit or biking to work are all viable alternative modes of transportation we're encouraging people and their workplaces to think about," founder and executive director of the SAA Kathryn Winkler told Metro.

Last year, 39,000 Canadians in 170 communities and 1700 workplaces took part in the initiative across the country.

Workplaces are encouraged to sign up and individuals are always welcome, Winkler added. For more information please visit www.commuterchallenge.ca.

-krista.sylvester@metronews.ca

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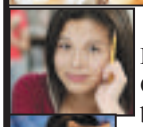

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Free cancer test

Skin scan meant to raise awareness for National Sun Week

By **ALICIA FOX**
for Metro Calgary

ROBIN KUNESKI FOR METRO CALGARY

Dermatologist Dr. Richard Haber uses a dermatoscope to gauge skin health at a free public skin cancer screening yesterday at Killarney Aquatic & Recreation Centre.

There may be a few less people willing to scorch their skin for a tan this summer, thanks to a free clinic held yesterday at the Killarney Recreation and Aquatic Centre as part of the National Sun Awareness Week.

Carol Akbar brought her daughter Eva, 4, with her to the clinic just for a general check-up and information purposes.

"I think most people, especially parents, are aware of the importance (of proper protection), but it certainly doesn't hurt to remind people," Akbar said.

More than 60 people came, but the clinic had to turn away dozens more because the two dermatologists only had so much time.

This first clinic held in Calgary was to raise awareness of the dangers of the sun and answer questions about possible malignant skin growths such as moles.

Dr. Richard Haber, chief of dermatology at the University of Calgary and the Calgary Health Region said there had been a few people at the clinic that day who he would like to see again due to potential problems.

Haber said to be aware of your body's skin and ask a family doctor if you notice changes. He recommends a minimum SPF 15, though SPF 30 is preferable.

"Although the sun might feel good, it's not our friend," the doctor said.

For more information, go to www.dermatology.ca

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canada

The diocese of Huron in southwestern Ontario voted this week to become the fourth in the Anglican Church of Canada in favor of same-sex unions, the Church said yesterday. REUTERS

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Vancouver

Couple lists baby for sale, arrested

CRAIGSLIST A Vancouver couple has been arrested in what police said yesterday was an apparent offer to sell a seven-day-old baby girl on Craigslist for $10,000.

Police tracked down the 23-year-old mother and 26-year-old father using a cellphone number that was listed in the advertisement. REUTERS

health

Case says feds failed to act on implants

30 YEARS The federal government knew in 1962 that silicone gel breast implants posed health hazards, but did nothing for 30 years, the Ontario Court of Appeal heard yesterday. Health Canada examined them in 1978 and recommended they be banned, but implants remained in use until 1992. TORSTAR NEWS SERVICE

Exit plan in question

Top-secret Afghan strategy was in Bernier's possession

detailed outline

» The document in question reportedly provides a detailed outline of how and when the more than 47,000 alliance troops would be able to leave Afghanistan based on progress in training police, soldiers and local bureaucrats and defeating corruption and drug production.

Maxime Bernier had a host of classified information at his fingertips that he may have left in possession of ex-girlfriend Julie Couillard, but likely none more sensitive than details of a top secret paper described as an exit strategy for the mission in Afghanistan.

A number of current and former officials concede that shoddy handling of the secret NATO Afghan plan, signed in the first week of April, represents a worst-case scenario for the government.

Whether or not the information fell into the wrong hands in that time, the situation highlights Prime Minister Stephen Harper's "appalling lack of judgement" in backing his chief diplomat, the opposition says.

"The prime minister has never taken this issue seriously," said Liberal foreign affairs critic Bob Rae.

TORSTAR NEWS SERVICE

Tory travel expense records altered

The Conservative government has twice altered expense records for international trips after Torstar News questioned the high cost of the excursion.

The records on a publicly available website were changed — thousands of dollars removed in one case and a lengthy journey shortened in another — for past trips involving then-foreign affairs minister Maxime Bernier and Brian Jean, parliamentary secretary to the minister of transport.

In both cases the government refused to provide the printed records — tickets, hotel records — that would verify the change.

The travel records are kept on the federal government's website under the heading Proactive Disclosure.

TORSTAR NEWS SERVICE

Edmonton **New arrival**

VICTORIA HANDYSIDES/METRO EDMONTON

Veterinarian Milton Ness feeds ringtail lemur Renne with one of her two new babies at Edmonton's Valley Zoo yesterday. Lemurs are endangered, with fewer than 100,000 remaining in the world.

Oilsands toxins in river: Report

Tainted water has been leaking into the Athabasca River at a rate of 67 litres per second for more than 30 years, says a report obtained by the Alberta Liberals yesterday.

The report, prepared for Suncor for in November 2007, says about five-million litres of the toxic water has leaked from the Tar Island tailings pond into the soil near the river each day since the 1960s, enough to fill five Olympic-sized swimming pools.

Environment Minister Rob Renner denied during question period there was evidence of river contamination.

METRO EDMONTON

»news In Brief

» **VANCOUVER** British Columbia Supreme Court judge Ian Pitfield ruled yesterday that the Canadian government cannot constitutionally shut Insite, North America's only legally sanctioned drug injection site, for at least another year.

» **FREEFALL** French parachutist Michael Fournier's bid to set a world record was in doubt yesterday after the balloon that was to carry him 40 km above North Battleford, Sask., separated from its gondola and floated away before takeoff.

» **FIRE** A fire has badly damaged Canfor Corp's plywood mill in Prince George, B.C., one of three blazes to strike the city last night, officials said yesterday. The city was forced to declare a state of emergency after embers from the blaze apparently triggered two other fires.

» **HOUSING** The federal government must implement a national strategy to tackle a shortage of affordable housing that has reached "crisis" levels in Canadian cities, Liberal MPs urge in a new urban blueprint to be released today. The blueprint points to the "dramatic shortage" of affordable housing as the main issue to be addressed. METRO NEWS SERVICE

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world

Restrictions by U.S. East Coast states on harvesting horseshoe crabs, left, whose eggs provide food for endangered migrating shore birds, have boosted the animal's population after years of over-fishing, experts say. REUTERS

Myanmar extends Suu Kyi's detention

Western nations dismayed by junta's decision

UN praised

» State-controlled media yesterday praised the United Nations for the help it has given to the 2.4 million people left destitute in the Irrawaddy delta, suggesting some thawing in the junta's frosty relationship with the outside world.

Myanmar's junta extended the house arrest of opposition leader Aung San Suu Kyi yesterday, a move that dismayed some of the Western nations who promised millions of dollars in aid after Cyclone Nargis.

Officials drove to the Nobel laureate's lakeside Yangon home to read out an extension order in person, said a government official, who asked not to be identified.

UN Secretary-General Ban Ki-moon, who just returned to New York from a weeklong aid mission in Myanmar, expressed disappointment but refrained from sharp criticism.

He added that his special envoy for Myanmar, Ibrahim Gambari, would raise the issue of Suu Kyi with the junta.

The 62-year-old Suu Kyi, whose National League for Democracy party won a 1990 election by a landslide only to be denied power by the army, has now spent nearly 13 of the last 18 years under some form of arrest.

Her latest period of detention started on May 30, 2003, "for her own protection" after clashes between her supporters and pro-junta thugs in the northern town of Depayin. The last of a series of yearlong extensions expired yesterday.

Although few expected Suu Kyi to be released, the extension is a timely reminder of the ruling military's refusal to make any concessions on the domestic political front despite its grudging acceptance of foreign help after the May 2 cyclone.

Moscow **Fine art**

SERGEI KARPUKHIN/REUTERS

A visitor looks at art by Konstantin Khudyakov at the Moscow Fine Art Fair yesterday. Wealthy Russians who can't spare the millions needed to buy headline art from Europe and the U.S. are snapping up cheaper contemporary works from Russia.

»news In Brief

» **TESTIMONY** A U.S. businessman at the centre of a bribery case against Prime Minister Ehud Olmert testified yesterday he gave the Israeli leader cash-stuffed envelopes including personal loans that were never repaid.

» **DATA** Newly diagnosed cases of post-traumatic stress disorder among U.S. troops sent to Iraq and Afghanistan surged 46.4 per cent in 2007, bringing the five-year total to nearly 40,000, according to U.S. military data released yesterday.

» **RELIEF** The United Nations said yesterday it had raised roughly 60 per cent of its initial $200 million target for aid for cyclone-ravaged Myanmar, where aid workers were now experiencing fewer access problems.

» **NUCLEAR** Germany said yesterday the international community must push for a faster response from Iran over its nuclear programme, while Washington said a new UN report suggested Tehran wanted to acquire nuclear weapons.

REUTERS

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Auction begins for spectrum

Airwaves bid set to open up market

The federal government launched an auction of wireless spectrum yesterday that it hopes will bolster competition and lower prices by allowing new players to break into the cellular phone market.

In a process that Industry Minister Jim Prentice estimates could take up to a month to complete, 24 companies can bid electronically on 292 licences for chunks of wireless airwaves in different geographical regions across the country.

Of the 105 megahertz (MHz) of spectrum to be auctioned, 40 MHz will be set aside for new players. Newcomers include Quebecor Inc., Manitoba Telecom Services and Shaw Communications Inc. REUTERS

Nortel to close Calgary office

Telecommunications company Nortel Networks announced they are closing down their Calgary operations centre by next year.

The telecommunications equipment-maker, located in the city's northeast, employs 400 people, though it's not quite clear yet how many will lose their jobs.

The centre will be completely closed in 2009 and is part of a restructuring plan across Canada, which will focus operations in Toronto and Ottawa.

METRO CALGARY

»news In Brief

» **ARCTIC** Environmental group WWF-Canada urged Ottawa not to proceed with plans to sell oil and gas rights in the Beaufort Sea, saying not enough had been done to protect the area's wildlife. REUTERS

metro

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sports

Damon Allen is finally ready to hang up his helmet and shoulder pads. The 44-year-old CFL quarterback and future hall of famer, left, is expected to announce his retirement at a press conference today. TORSTAR NEWS SERVICE

SCOREBOARD

NHL

STANLEY CUP FINAL
PITTSBURGH VS. DETROIT
Game 3 — Tonight
Detroit at Pittsburgh, 6
Game 4 — Saturday
Detroit at Pittsburgh, 6
(Detroit leads series 2-0)

NBA

CONFERENCE FINALS
EASTERN CONFERENCE
BOSTON VS. DETROIT
Game 5 — Tonight
Detroit at Boston, 6:30
Game 6 — Friday
Boston at Detroit, 6:30
(Series tied 2-2)
WESTERN CONFERENCE
L.A. LAKERS VS. SAN ANTONIO
Game 4 — Last night
L.A. Lakers 93 San Antonio 91
Game 5 — Tomorrow
San Antonio at L.A. Lakers, 7
(L.A. Lakers lead series 3-1)

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Cleveland 8 Chicago W. Sox 2
Texas 12 Tampa Bay 6
Minnesota 4 Kansas City 3 (12 ings)
Baltimore 10 N.Y. Yankees 9 (11 ings)
Toronto at Oakland
Detroit at L.A. Angels
Boston at Seattle
NATIONAL LEAGUE
Chicago Cubs 3 L.A. Dodgers 1
N.Y. Mets 5 Florida 3
Cincinnati 9 Pittsburgh 3
Milwaukee 3 Atlanta 2
Houston 8 St. Louis 2
Philadelphia 7 Colorado 4
San Francisco at Arizona
Washington at San Diego
TODAY'S GAMES
AMERICAN LEAGUE
Chicago W. Sox at Cleveland, 10:05
Texas at Tampa Bay, 10:40
N.Y. Yankees at Baltimore, 5:05
Minnesota at Kansas City, 6:10
Toronto at Oakland, 8:05
Detroit at L.A. Angels, 8:05
Boston at Seattle, 8:10
NATIONAL LEAGUE
Colorado at Philadelphia, 5:05
Florida at N.Y. Mets, 5:10
Pittsburgh at Cincinnati, 5:10
Atlanta at Milwaukee, 6:05
L.A. Dodgers at Chicago Cubs, 6:05
Houston at St. Louis, 6:15
San Francisco at Arizona, 7:40
Washington at San Diego, 8:05

Pens look to bounce back

Team to use anger as motivation in Game 3

On the 200-kilometre stretch of highway from Erie, Pa., to Pittsburgh, there were no fewer than 21 deer carcasses on the shoulders of the southbound lanes yesterday.

Around here, the only other species to have almost as tough a Memorial Day weekend was the Penguins. They also were road kill; rolled over with machine-like efficiency by the Detroit Red Wings in the first two games of the Stanley Cup final.

It's a desperate situation for the Penguins as they prepare to play Game 3 on home ice tonight. Only two teams in NHL history have rallied from an 0-3 series deficit. The Pens, who have rarely touched the puck, let alone scored in the series, can't be counted on to become the third.

But, instead of freezing in the headlights, the Pens are flailing back. In lieu of offence, they are desperately trying to manufacture some passion, settling for cheap shots on and off the ice when they can't create any shots on it.

"Hopefully, we've built a little of that anger up and we can use that to our advantage," Pittsburgh veteran Gary Roberts said yesterday.

JASON COHN/REUTERS

Penguins captain Sidney Crosby prepares to shoot the puck against teammate Dany Sabourin during the team's practice yesterday ahead of tonight's Game 3 of the Stanley Cup final in Pittsburgh. Crosby and the Pens have yet to score in the series.

It was Roberts, while trying to do just that late in Game 2, who hit Detroit's Johan Franzen in the head with a gloved left hand. Franzen had just returned from a six-game absence due to concussion symptoms. The 42-year-old Roberts later claimed it was an accidental shoulder that hit Franzen.

"Does he have shoulder pads on his hands?" wondered an incredulous Detroit coach Mike Babcock.

Roberts said Franzen, who fell to the ice and remained there for a few moments, was putting on a show with his theatrics. It was a clever salvo in what could have become an escalating war of words. That's tough to create, however, when one team won't play along. "We have thick skin," responded Detroit forward Kris Draper. "The bottom line is we're trying to win hockey games."

TORSTAR NEWS SERVICE

Penguins need to show more class

YORK REPORT
MARTY YORK
marty.york@metronews.ca

Seems that was quite an omen when goaltender **Marc-Andre Fleury** fell flat on his face while leading his team from the dressing room to the ice just before the Stanley Cup opener the other night.

His teammates, the Pittsburgh Penguins, have been falling flat on their faces ever since.

They've been thoroughly outplayed by the Detroit Red Wings in the first two games of the Cup final. They haven't scored a goal.

And their head coach, **Michel Therrien**, has embarrassed himself with silly suggestions that the Wings have resorted to sneaky obstruction tactics and that Detroit netminder **Chris Osgood** has resorted to acting when Pittsburghers have skated near him.

Hey, the Pens enjoyed a very, very good season. They ought not to spoil it now with inept play and senseless whining.

» For more York Report, check out *metronews.ca*.

»sports In Brief

» **NBA** Brent Barry missed a controversial three-pointer at the buzzer as the San Antonio Spurs fell 93-91 to the Los Angeles Lakers last night in Game 4 of the Western Conference finals. The Lakers, who appeared to foul Barry on the final play, now lead the best-of-seven series 3-1.

» **GOLF** Tiger Woods says he is aiming to return from knee surgery at next month's U.S. Open. Woods had hoped to play in this week's Memorial but decided he was not ready.

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metro
HEALTH-CARE CAREERS SECTION
Wednesday, May 28, 2008

Nurses needed

Province's hospitals could use another 2,000, expert says

By **HEATHER ANDREWS MILLER**
for Metro Calgary

Alberta has more than 30,000 registered nurses but it's not enough. According to Margaret Hadley, president of the College and Association of Registered Nurses of Alberta, the province's hospitals could use another 1,500 to 2,000 immediately.

"The real concern is that 18 per cent of our membership is over 56 years of age, so we're looking at retirement of these nurses at any time," she says. "We are not coping very well, especially in some areas where we have a 40 per cent vacancy rate to fill available nursing positions." Recently, the provincial government provided more funding for education of new nurses with the goal of 2,000 graduates by 2012, but we need help now, she adds.

And there are thousands of people across Canada who want to be nurses, but there's not enough spots in colleges, and not enough capable instructors.

International recruitment is helping to some extent, but Canadian graduates are needed as well. "We are still feeling the cuts of the '90s, when governments slashed jobs. A lot of nurses couldn't get positions, so [they] left the country, or went into other professions. Now we're paying the price for that," she says. Strategies to keep older nurses working, such as using part-timers to give regular staff more weekends and evenings off, would make the hours more appealing, she adds.

"But nursing is a 24-hour job; there's always going to be a need for shift work."

Without adequate numbers of nurses, the patients in hospitals are not getting the care they need. "People are living longer and needing acute care like we didn't see in the past," she says. "The current nursing shortage boils down to patient safety and we've got to improve it immediately."

Recently, the province of Alberta provided more funding for education of new nurses with the goal of 2,000 graduates by 2012.

Directors deploy armies of hospital volunteers

CHRIS ATCHISON/FOR METRO CALGARY

The Hospital for Sick Children volunteer resources director Anne Breakey Hart.

Co-ordinating staff a job unto itself

By **CHRIS ATCHISON**
for Metro Calgary

Like many professionals, Anne Breakey Hart arrived at a turning point in her career and realized she needed a change.

Breakey Hart decided to take a year off of work and volunteered at the Hospital for Sick Children — where she'd been a patient as a child — to give back to the community and chart her future career path.

Shortly thereafter, the long-time social services professional determined she had found her niche, and, roughly 10 years later, is serving as volunteer resources director at the hospital where she has been co-ordinating, managing and promoting all volunteer-related activities for the past three years.

"In some ways it's human resources management, but with volunteers, so it's very different because volunteers want to give to the hospital and make a difference in the lives of kids and their families," Breakey Hart says.

Given the realities of the health-care system, managing volunteers and encouraging participation is a vitally important element in the functioning of Canadian hospitals.

According to a 2004 report by the Association For Research On Nonprofit Organizations And Voluntary Action, volunteers returned $6.84 in value for every dollar spent on their training and management.

Using those valuable human resources efficiently, therefore, is of paramount importance for any health-care institution.

Becky Anderson, co-ordinator of volunteer resources at Alberta Children's Hospital in Calgary, feels that proper volunteer screening, orientation and training are crucial in maximizing the benefits of hospital volunteerism.

> *« It's making sure that people are happy to be here and that they've made a good fit or a good match between the person's interests and needs and what our needs are. »*
>
> *Becky Anderson, co-ordinator of volunteer resources at Alberta Children's Hospital*

"It's making sure that people are happy to be here and that they've made a good fit or a good match between the person's interests and needs and what our needs are," Anderson says.

"A lot of the challenges come from trying to schedule that many people and people's lives constantly change. It just takes a lot of flexibility and understanding because we deal with a diverse group of people of all ages and backgrounds."

Both Anderson and Breakey Hart are quick to point out they almost never have to search for prospective volunteers at their respective hospitals, but instead have to manage a regular glut of applicants.

It's a pleasant predicament for Breakey Hart, who says that Sick Kids typically has a wait list of diverse applicants ranging from teenagers to seniors, for the roughly 1,200 volunteer positions working within and outside of the hospital each year.

Managing these small volunteer armies has as much to do with handling emotions as it does with juggling schedules and organizing training programs.

Volunteers often become attached to patients — especially young ones — and care has to be taken to help them through difficult times if a patient takes a turn for the worse.

"If there is a situation where the outcome is poor or the child may die, we spend time with the individual or the group of volunteers who are involved with that child and we either have meetings with them or may do some kind of service so they have the opportunity to talk about that child," Breakey Hart explains.

"Being available is a critical thing."

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Patient care programs successful

Navigators help those with cancer

By **CHRIS ATCHISON**
for Metro Calgary

Cancer patient navigators are equal parts patient advocate, educator, coach, and care co-ordinator.

It's an average day at Princess Margaret Hospital's genitourinary clinic and Marcia MacLeod is hard at work handling the dozens of patients pouring through for their regular examinations.

The energetic registered nurse (R.N.) case manager works through her roster of appointments with military precision, greeting her patients as if they were long-lost friends, asking questions about the goings-on in their lives and discussing details of their treatment.

This is MacLeod's way of personalizing the service she gives as a front-line oncology nurse at one of North America's foremost cancer hospitals.

"We have to make a good first impression because if I gave a patient the impression that I wasn't interested in helping him or her through, I think they'd be very reluctant to call me," she says.

R.N. case managers, as they're known in Ontario — or cancer patient navigators as they're referred to in provinces such as Nova Scotia and Alberta — are equal parts patient advocate, educator, coach and care co-ordinator, helping patients navigate health-care systems that can at times seem impossibly complex.

Rather than call their doctors with questions and concerns, patients use these specialized nurses as their point people for questions about everything from medication side effects to moral support, thereby freeing an often over-burdened corps of oncologists to handle more patients.

Sandra Cook, project manager for cancer patient navigation with Cancer Care Nova Scotia, says the cancer patient navigator designation was implemented in her province in 2001 at the request of patients, families and front-line staff who realized the need for more individual care and treatment within expansive, typically impersonal systems.

"What patients and the primary health-care teams told us is that the system is fragmented and they needed a go-to person in the community that could have an expertise in cancer and expertise to help with the cancer system and the cancer journey," Cook says.

"The cancer centres found that the patient who was navigated came prepared to make decisions, was able to understand their disease and their disease pathology."

Similar programs have been implemented or are being studied across the country.

Donna Czukar, director of cancer information and support for the Ontario division of the Canadian Cancer Society, feels that although there is still work to be done to perfect the level of treatment, increasingly personalized front-line cancer care is easing the burden on ill patients, their loved ones, and the health-care system as a whole.

"I think the good news is that it's getting more attention and the services that are addressing these needs are getting more profile and will be addressed more," she says.

Back at Princess Margaret, MacLeod acknowledges that despite the rigorous workload, she finds strength and a certain energy from her hundreds of patients.

"Knowing that you're up against a potentially terminal illness, that takes great courage," she explains. "(Seeing people do) it with humour, doing it with consideration for other patients, it feels like I come to church every day. I'm not a church-going person, but sometimes I say I don't need to go to church because of what I see here."

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Home work is due

Getting the house primed for summer

By **CANDICE WARD**
for Metro Calgary

Now that Calgary has finally shaken off that final blanket of snow it's time to get ready for Bellini's, bikinis and barbecues.

But with summer heating up, it is time to think about more than getting your body into good shape, but also getting your home into good shape.

"It is not all about your home looking good but functioning well also," says John Norton, co-owner of Norton Handyman Services.

Taking care of some of these repairs or simple maintenance early can save you a lot of hassle down the road.

With the amount of rain Calgary has been seeing lately, it is important to make sure gutters are clean and running smoothly.

Some of these repairs should be left to the professionals unless you are looking for an expensive white and red taxi to the hospital.

"Anyone can paint a room and if you do a bad job, it just looks bad, but it is not hurting anyone," says Norton.

According to Norton, amateurs should avoid attempting to repair any electrical or major structural damage.

"Don't forget about some of the small nooks and crannies in your home," says Jeff Simpson, a carpenter for Westcor Construction.

When checking for repairs in the home, Simpson reminds homeowners to check all the seals around doors and windows.

"It is amazing how much heat is lost around doors and windows because homeowners neglect to check the seals," says Simpson.

Save yourself a little money by ensuring that you are not heating or cooling the outdoors as well.

For an eco-friendly seasonal tip to fixing up your home, Simpson recommends skipping out on harmful pesticides on your lawn and garden and opting for a more natural fertilizer.

So before sitting down to enjoy a good burger and cold beer in the backyard, consider making a few quick summer repairs to make the season a more enjoyable one.

a few simple repairs

Indoor:

- Check seals around windows and doors
- Ensure that fireplace vents are cleaned

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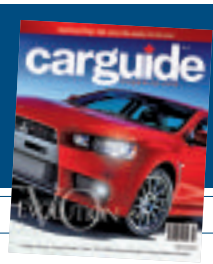

Something for everyone

Popular Corolla gets roomier, sportier

By **B. MCLAUCHLAN**
for Metro Calgary

The new 2009 Corolla represents the 10th generation of this venerable Toyota nameplate.

With its arrival on the scene in early '08, the new 2009 Corolla represents the 10th generation of this venerable Toyota nameplate, which was first introduced to the world in 1966. Some 33 million people have bought one since then, making it the world's most popular car.

So, with that kind of public acceptance, it's not hard to believe Toyota would tread carefully in any redesign throughout its generational changes.

Its mandate for this 10th iteration was more sportiness, so witness the swoopier styling, which was co-developed by studios in Japan and Italy. Bearing some resemblance to a smaller-scale Camry, the '09 Corolla is fractionally longer overall than the previous model but sits on an unchanged wheelbase.

The big change lies in the Corolla's width, however, which increases by 60 mm to help provide a little more shoulder space inside. The car's height has also been shaved slightly and a wider track (the distance between the wheels on front and rear axles) gives this new Corolla a solid-looking stance and noticeably improved stability.

Interior room is essentially unchanged, but much appreciated is the new tilt/telescopic steering wheel (standard equipment on all models that enables driving positions to be customized to suit individual height and body type) and the airier confines of the surprisingly well-appointed cabin.

A new suspension design and electric power steering help contribute to a much sportier drive, even in the base Corolla CE model.

With its neat combination of value, verve, style and substance the $14,565 CE delivers more for less. An enviable list of standard features include: Satellite-ready AM/FM/CD audio system with MP3/WMA capability, the already mentioned tilt/telescopic steering and electric power steering, as well as six airbags and an anti-lock braking system.

The step-up Corolla LE — $19,900 and available only with a four-speed automatic transmission — brings a bit more refinement, delivering a moveable feast of upscale features such as 16-inch alloy wheels (15-inch on the CE), push-button start, Optitron gauges, automatic climate control and woodgrain trim.

The $18,930 Corolla S shifts gears with its sport-inspired side skirt and rear spoiler add-ons, fog lamps, tinted headlamp housings, leather-wrapped steering wheel and an audio system that features six speakers and steering wheel-mounted controls.

For those aspiring to even more sportiness, a new Corolla XRS addition packs a 158 hp four-cylinder engine mated with a five-speed manual.

2009 Toyota Corolla

- Type: Compact 5-pass. sedan FWD
- Price: $14,565 - $23,210
- Engine: 1.8L L4 DOHC/2.4L L4 DOHC
- HP: 132 @ 6,000 rpm/158 @ 6,000 rpm
- Torque: 128 @ 4,400 rpm/162 @ 4,000 rpm

Highlights:

- Better looking
- Sense of spaciousness
- Standard features
- Lots of choices to suit any budget

Much appreciated is the new tilt/telescopic steering wheel (standard on all models) and the airier confines of the surprisingly well-appointed cabin.

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Coastal expert Dr. Stephen Leatherman, a.k.a. Dr. Beach, has named Caladesi Island State Park in Florida's St. Petersburg/Clearwater area as America's Top Beach for 2008.

METRO NEWS SERVICE

Following the fab four through NYC

Plan a visit that's dedicated to Sex and the City

By **EMMA E FORREST**
Metro World News

Glamorous women all over the world have had to wait no less than four years for the return of Carrie, Charlotte, Miranda and Samantha, the sassy heroines of the most fabulous show in television history, in Sex And The City: The Movie.

The film opens this Friday, but the anticipation has fuelled a wave of interest in touring the New York City hot spots where significant events took place in our heroines' lives throughout the course of the television series — the purchase of the perfect red stiletto, for instance, or the dispatching of an unsuitable suitor.

The obvious place to start is at Patricia Field's eccentric fashion emporium at 302 Bowery, between Bleecker and Houston St.

The stylist responsible for the looks sported by the SATC ladies, Field is responsible for transforming handbags and shoes into icons, with designer fashion brands clamouring to have their clothes and accessories worn by our four trend-setting heroines.

» For more information, visit NYC's official tourism site at *http://nycvisit.com/sexandthecity.*

Accessorizing is always high on the agenda for Carrie's set. Hunt for utterly impractical sandals at the Jimmy Choo flagship in the Olympic Tower at 645 Fifth Ave., or at Manolo Blahnik at 31 West 54th St. Stock up on 'It'-handbags at YSL on 57th St., and Marc Jacobs at 301 West Fourth St., or at the cheaper Marc by Marc Jacobs store at 403-405 Bleecker St.

Feel more Samantha than Carrie? Drop into Versace at 647 Fifth Ave. or Roberto Cavalli at 711 Madison Ave. to pick up something sexy in block red, yellow or gold. If you're more of a Miranda, pick up some sensible Calvin Klein or DKNY at Bloomingdales on 59th St.

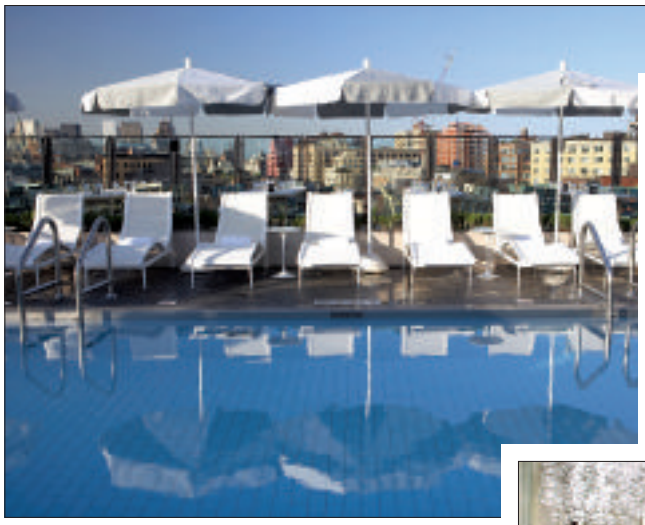
For a prim, bourgeois Charlotte-style look, pick up classic skirts and jackets from Ralph Lauren or ultra-flattering cocktail dresses from Narcisco Rodriguez at Saks Fifth Ave..

If Carrie's innovative styles are more your thing, pick up some pieces from new designers at Barneys COOP at 116 Wooster St., the department store's showcase store for cutting edge new designers.

Have dinner at the restaurants and bars where the SATC girls meet to gossip, flirt and bump into ex-boyfriends including trendy pan-Asian restaurant Tao at 42 East 58th St., or French bistro Balthazar at 80 Spring St., or hip Japanese-Brazilian rooftop eatery Sushi Samba at 245 Park Ave. at 20th St.

Follow up with cocktails — Cosmopolitans, of course — at the girls' hangouts including Lotus (409 W. 14th St.), or Bungalow 8 (515 W. 27th St.), or get yourself connected and on the guest list for Soho House, the private member's club that Samatha gatecrashed and was caught out by Spice Girl Geri Halliwell (29-35 9th Ave.).

Looking for a late-night snack? Drop by 24-hour Grays Papaya at West 8th St. at 6th Ave. where Carrie picked up typically New York hot dogs after her book launch. All you need now is a hotel room that's a short trot in your new Choo shoes, and a late checkout, so you can recover from your big night out, SATC-style.



METRO WORLD NEWS

The rooftop pool at Soho House, a private members' club in New York City. Samantha led the quartet in gatecrashing the club during an episode of Sex and the City.

Below, during a Sex And The City guided visit by On Location Tours, participants indulge in cupcakes from the celebrated Magnolia Bakery.

ON LOCATION TOURS

METRO WORLD NEWS

Left, the women's shoe department at Saks Fifth Avenue. Pricey heels were a staple of the series, and in one episode, Carrie actually gets mugged for her Manolo Blahniks.

sex and the city packages

» Take your pick from these Sex and the City packages:

MANDARIN ORIENTAL NEW YORK
» Sex and the City Celebration Package includes a SATC Trivia game, two cocktails and a guided Sex and the City tour visiting locations including department store Henri Bendel, where you'll get a complimentary $200 gift card and a gift from lingerie designer Cosabella, which has just launched a SATC collection. From $2,000 US per night. *www.mandarinoriental.com/newyork*

W HOTELS OF NEW YORK
» W And The City Package for two includes a SATC walking tour, two Fun Pass Metro Cards, two cool cocktails and a "wonderful" grade room with breakfast. From $319 per night until June 30. *www.welcometowhotels.com/wandthecity*

HOTEL GANSEVOORT
» The Gansevoort's Sex and the City package gives guests discounts at Carrie's favourite boutiques including Completely Bare, Shelly Steffee, LuLu Guinness, Constanca Basto, Darling, Cynthia Rowley, Rebecca & Drew, Massimo Bizzocchi, Constantino Café, Abingdon 12, Bond No 9, Lucy Barnes and La Cafetiere.

The view from New York City's Hotel Gansevoort.

» Celebrate your shopping day with a Cosmopolitan by the rooftop pool, then use your VIP passes to the Meat Packing District's hottest clubs including PM, Cielo, A.E.R., Dirty Disco, Home, Guest House, Studio Mezmor, Marquee, or Pink Elephant.
» Take advantage of late checkout so you can recover from your big night out while watching your complimentary Sex And The City DVD. From $575 for a Deluxe room.

METRO WORLD NEWS

Whirlwind girls' getaway

Manhattan is the perfect pick for a girls-only vacation. If you're looking to plan an itinerary inspired by Sex And The City — without slavishly following in the show's footsteps — here are a few suggestions:

CHECK IN: Among New York's long list of hip hotels (The Rivington, The Hudson and The W are my personal faves), the Hotel Roger Williams offers quaint accommodations in Manhattan's midtown district; *www.hotelrogerwilliams.com*.

THE TRAVEL JUNKIE
JULIA DIMON
www.thetraveljunkie.ca

RETAIL THERAPY: Not far from boutique saturated Soho, the Young Designers Market has a great selection of one-of-a-kind jewellery, hats and clothing. Open from 11 to 7 p.m., it's located at 268 Mulberry St. (between Prince and Houston) and entrance is free every Saturday and Sunday.

From there, go bargain hunting for designer discounts at Filene's Basement (4 Union Sq. at E. 14th) or Century 21 (22 Cortlandt St. between Broadway and Church St.)

For high-end apparel visit Fifth Avenue's Takashimaya, one of the world's largest chains of department stores.

SPA DIVAS: After a long day of sightseeing and shopping 'til you drop, take some time for a Vitamin Infusion Facial at the Mandarin Oriental's five-star spa.

The relaxation begins a suggested 40 minutes before your actual treatment, with "heat experiences" — a bubbling pool of mineral water and a steam room that channels the healing powers of an amethyst crystal.

The facial itself includes a collagen mask and a series of nutrient-infused creams massaged into the skin.

TRIPPY THEATRE: From the creators of the smash hit De La Guarda comes FuerzaBruta, a theatrical extravaganza of sound, light and waterworks.

This wordless show has the audience standing for 60 minutes, moving around the space, as fit performance artists writhe and run to techno music and strobe lights. If you don't mind waiting in line, $25 rush tickets go on sale two hours before the performance; *www.fuerzabruta.net*.

AFTER DARK — HUNKMANIA: It's Raining Men at Hunkmania is a so-called male review in which "certified hunks" take their clothes off for an energetic crowd of screaming, tipsy women.

It all takes place at Club Duvet, where rippling abs, bulging biceps and overpriced drinks are part of the package. Nevertheless, watching faux firemen and ninjas get down to their boxer-briefs is a fun, harmless way to let loose and get wild with the girls; *hunkmania.com*.

Freelance writer Julia Dimon is editor of The Travel Junkie and host of Word Travels, a new reality TV-series to be broadcast on OLN in 2008. Contact her at www.thetraveljunkie.ca.

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Each day, until June 4th, look for one of these icons among the pages of Metro. Then log on to experiencehalifax.com/metro and tell us which one you saw for your chance to win. Once you have entered the contest check out the terrific line up of festivals taking place this season in Atlantic Canada's Entertainment Capital - Halifax!
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NOVA SCOTIA
CANADA

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Halifax's summer of seafront festivals

If you're heading to Halifax this summer, here are some key events you won't want to miss out on:

HALIFAX FESTIVALS

Nova Scotia is well-known for its festivals, with more than 800 happening throughout the province each year and Halifax features some of the best.

» June brings a spectacular musical and culinary showcase of Canada's ethnic diversity at the 24th Annual Nova Scotia Multicultural Festival on the Dartmouth Waterfront. (June 20-22, *www.multifest.ca*)

» July is packed with great events, including the Royal Nova Scotia International Tattoo (July 1-8, *www.nstattoo.ca*), the Atlantic Jazz Festival (July 11-19, *www.jazzeast.com*), and Halifax Pride Week Festival (July 20-27, *halifaxpride.org*).

» In August, don't miss the 21st annual Halifax International Busker Festival of street performers in downtown Halifax (Aug. 7-17, *www.buskers.ca*).

YACHT RACE

The Nova Scotia continues to perform well in its trek around the globe as part of the Clipper Round the World Yacht Race.

The Clipper 07-08 race started Sept. 16, 2007, with ten Clipper '68s taking part. The final leg of the journey has the fleet leaving the Caribbean bound for New York. Before crossing the Atlantic a third time, the fleet visits Nova Scotia then heads east for Cork, Ireland, with the final chase across the Irish Sea back to Liverpool.

They are scheduled to arrive in Halifax June 7-12, 2008. See *www.clipperroundtheworld.com*

CRUISE

Join the more than 215,000 cruise passengers on 131 cruise ships expected to visit Halifax as a port of call in 2008. Stroll the boardwalk along the edge of the world's second largest natural harbour, starting at the Cruise Pavilion and past Historic Properties.

TALL SHIPS

Halifax harbour will host Tall Ships July 16-20, 2009. The American Sail Training Association is excited about returning to Halifax as no other city has won their prestigious Port of the Year award more often. Visit *www.tallshipsnovascotia.com*

for more information

» For more information on these events and other Halifax happenings, visit *www.experiencehalifax.com*.

METRO NEWS SERVICES

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entertainment

Chris Noth, left, (Sex and the City) has joined Renée Zellweger in the comedy My One and Only.
EW.COM

The Sex And The City legacy

Hit TV series brought sex lives out in the open

By **HEATHER SETKA**
for Metro Calgary

You know the scene.

Over apple martinis in an upscale New York bar, the well-dressed (depending on your tastes, that is) and neurotic writer complains to her friends about her latest relationship snafu.

The uptight brunette princess scrunches up her face. The hard-nosed redheaded professional rolls her eyes. The over-sexed blonde bombshell laughs out loud and says something like, "There isn't enough wall space in New York City to hang all of my exes. Let me tell you, a lot of them were hung."

Before Sex And The City was first broadcast on HBO in 1998, no one had heard women talk in such frank tones about men, relationships, and, of course, sex. Well, at least we'd never heard women talk about these things in public.

> *« It was an important milestone in women's popular culture. It epitomized a pro-sex post-feminist ethos. »*
>
> *Rebecca Sullivan, University of Calgary professor*

For 39-year-old Calgarian Louise Querido, the intense conversations between Carrie, Charlotte, Miranda and Samantha opened up the channels between her and the women in her life.

"The show presented many fascinating, hilarious and tragic situations and allowed those of us watching it a chance to relate it to our own lives, by watching and then discussing it with our girlfriends," Querido says.

This weekend, women across North America, including here in Calgary, will swarm movie theatres in stiletto-wearing droves when the Sex And The City movie hits the screen. They'll all be looking for a little QT and some graphic girl chat from their closest friends, both the ones on and off the screen.

Even though the series hasn't produced a new episode since 2004, why does Sex And The City seem bigger than ever?

"It was an important milestone in women's popular culture," says University of Calgary prof Rebecca Sullivan, who specializes in gender and pop culture. "It epitomized a pro-sex post-feminist ethos."

Thanks to DVD and what seems like endless reruns, the next generation of women is now attaching themselves to that cultural phenomenon.

Twenty-three-year-old Siva Murugan discovered the sixth season first and then went back to the beginning. She's seen every episode at least five times since then.

"I'm the Miranda in my group," says the petite strawberry blonde. "My friends always say I act the most like her."

Sullivan says the stereotypes the show presented — the Princess, the Professional, the Promiscuous and the Goldilocks (Carrie, who's "just right") — offers women a chance to see themselves and think about how they relate to the world around them.

"The show in its entirety gave women new ways to think about being an independent sexual subject in today's society. You need to watch the journey of these women from their early 30s to their late 30s to appreciate their growth," says Sullivan, who's also an avid Sex And The City fan. "That's a hell of a journey for anyone."

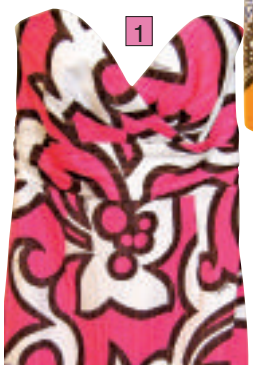
Before Sex And The City was first broadcast on HBO in 1998, no one had heard women talk in such frank tones about men, relationships, and, of course, sex.

Going strapless the sexy way

By **KIM ELBO**
for Metro Calgary

Canadian designer Mellinda-Mae Harlingten fills us in on how to successfully wear a strapless just like the girls of Sex And The City.

1. BUILT IN: If you can't quite find the perfect bra for your strapless, look for one with a built-in bra. This $395 Milly dress has a concealed bra clasp in the back to ensure a secure fit. (*holtrenfrew.com*)



2. MINIMIZE: For large chests, "try a strapless dress that cuts straight across your chest so you don't accentuate the obvious," Harlingten said. (Check out this splashy DVF dress, available at *holtrenfrew.com*.)

3. BALANCE: Try "a low-cut top with a longer length or a conservative top with a shorter length to balance your body and style a bit more," Harlingten said. ($465 Milly dress, *holtrenfrew.com*.)

4. EMBELLISHMENTS: For a smaller bust line like Carrie Bradshaw, embellishment along the top of the dress is best. Bows and decorative trims can help emphasize your chest. ($435 Betsey Johnson, *betseyjohnson.com*.)

SEX AND THE *cities*

How did the hit TV series change life for women?

NIKKI LAMB
Toronto
"I will never look at a pair of shoes the same again. ... (The show) brought a whole new level to the term shoe-aholic."

KELLI GILBERTSON
Vancouver
"It is so much more than sex. The show is really about the message that it's OK to be in love, it's OK to be in love more than once and it's also OK to be single."

RACHEL NORTHCOTT
Halifax
"...It's a show about women socially and professionally doing what they want, and not because of a man's influence."

AMY SHELSWELL, Calgary
"It makes you more open and able to communicate with your girlfriends. Like the episode where Carrie loses her shoes at her friends' baby shower. She had a real point! You buy all this stuff for your friends when you are single and they aren't, like baby presents and wedding presents. And you don't get anything in return. I liked what she said about that."

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Bale reflects on Ledger

Dark Knight star Christian Bale recalls his co-star Heath Ledger as "intense" and "anarchistic" on the set of the late actor's last movie, *People.com* reports.

"He was incredibly intense in his performance, but incredibly mellow and laid-back. Certainly there was this great anarchistic streak to it — just getting dirtier than anybody's envisioned the Joker before," Bale, 34, told Details magazine.

Ledger died on Jan. 22 of a prescription-drug overdose at 28. Bale laments the film "was something I wanted to share with him — and expected to do so. I can't do anything else but hope that it will be an absolutely appropriate celebration of his work." In earlier interviews, Bale commended Ledger on doing "one hell of a job."

METRO NEWS SERVICES

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Morissette grows up

By **TALIA SOGHOMONIAN**
Metro World News

Alanis Morissette is an older and wiser version of the angry rock chick that swept the music charts by storm 12 years ago when her debut album Jagged Little Pill was released.

On her ever-winding path to self-discovery, she seems to have found a few pieces in her latest venture, Flavors Of Entanglement (Warner), produced and co-written by Guy Sigsworth. The result is a haunting mélange of rock and Eastern sounds, electronics and strings.

Singer, songwriter, actress and writer, Alanis Morissette offers a narrative of her life and thoughts, minus the irony of her younger years.

Alanis Morissette's new disc, Flavors Of Entanglement, is scheduled to be released June 10.

Q You've got a lot of new sounds with an Eastern resonance and strings.

A I've always leaned toward the scale. That musical scale is so yummy to me. The primary scale is like the primary colours: yellows and reds. The Eastern scale is like purple and blue. So I like the secondary scale or colours a lot. It's more emotional. To me, anyway.

Q Lyrically, you're less angry and it's more about recounting your experiences and sharing your thoughts. Was it a more cathartic album to write?

A It was ... It was like a life raft because I was in the middle of it — it was all done in real time — while I was writing it, which is a different experience than writing in retrospect.

Q In what way?

A There's an urgency to it and to be honest, if I was home sitting in a corner curled up in a ball, I would have been going crazy. So thankfully, I had to be somewhere at one o'clock every day. That helped!

Q Will you ever write a book?

A I'm writing a book. The outline's already been done. It's got photos and essays and articles that I've written: self-care practices and humour and a travelogue.

Q When will it be published?

A I think when I'm done touring for this record ... So I would say late next year or the following year.

Network upgrades new comedy

New show gets coveted NBC Thursday slot

NBC has tweaked its Thursday lineup, adding the rookie show Kath & Kim to its comedy block in the plum 9:30 p.m. slot following The Office. The mother-daughter comedy, starring Molly Shannon and Selma Blair will debut Oct. 9, replacing a previously announced series of election-themed Saturday Night Live specials. It was originally scheduled to air Tuesdays following The Biggest Loser.

The network also has opted to stick to a traditional rollout, launching the bulk of its fall lineup during premiere week, beginning Sept. 22, and to put on the new reality competition series, America's Toughest Jobs, earlier than planned.

There had been speculation that NBC might use its Aug. 8 to 24 Summer Olympics coverage as a springboard for an early fall rollout.

Instead, the network will hold off, saving originals for the regular season and avoiding going head-to-head with Fox, which already has slotted several high-profile season premieres for the week of Aug. 25.

Heroes leads the way for NBC, premiering Sept. 22.

Also slated to launch during premiere week are Law & Order: SVU on Sept. 23, new drama Knight Rider and Lipstick Jungle on Sept. 24 and comedies My Name Is Earl and The Office — which will return with one-hour premieres — as well as ER on Sept. 25.

Sophomore comedy-drama Chuck and the new drama My Own Worst Enemy, starring Christian Slater, will premiere on Sept. 29, while Life will return for a second season Oct. 3.

The Biggest Loser, meanwhile, will expand to two hours from 90 minutes, and the three SNL specials will now air in 30 Rock's 8:30 p.m. berth on Oct. 9, 16 and 23. 30 Rock will be the last NBC series to launch its new season Oct. 30.

REUTERS

Night of Heroes

» The first Monday of NBC's season on Sept. 22 will be a full night of Heroes, with a clips show leading into a two-hour season premiere.

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Alberta CANCER FOUNDATION

Tori Spelling, right, a member of the original Beverly Hills, 90210 cast, will reprise her role as Donna Martin in the upcoming spinoff for The CW. EW.COM

Get a piece of The Sopranos

LOOKING GOOD: Anyone looking to start filling up their own Sopranos museum will get a head start next month, when James Gandolfini will auction off a chunk of his wardrobe from the HBO show at Christie's for charity. "The actor's contract allowed him to keep the clothes after the show ended its six-season run last year" said an Associated Press story. "He has authenticated all the outfits in the sale."

The auction is expected to bring in up to $36,500 US for the Wounded Warrior Project, a charity benefitting severely wounded veterans of Iraq and Afghanistan, and will include the monogrammed bathrobe Gandolfini's Tony Soprano is seen wearing in the show's pilot, and the sports shirt, undershirt and black pants featured in the episode where Soprano was shot by Uncle Junior.

Another 37 costumes worn by Sopranos characters are featured in the sale, though their proceeds will not go to Wounded Warrior. No word on whether a Member's Only jacket is among these extra items.

TALK ABOUT LOW EXPECTATIONS: The geeky goodness of this story is only enhanced by the fact that it was found on Wired magazine's Underwired blog. Fan campaigns to revive cancelled shows have gone from wired to tired in barely a year, but Joss Whedon fans — whose hair-trigger finger on the send button accounts for much of my hate mail over the years — are already organizing a campaign to save Dollhouse, Whedon's return to TV, eight months before it's set to debut on Fox.

IDIOT BOX

RICK McGINNIS
rick.mcginnis@metronews.ca

Starring Eliza Dushku — pinup of choice for the archivally stable mylar comic book bag set — the show was given a green light by Fox before a foot of the pilot was shot, and its episode order was nearly doubled, from 7 to 13, which means that they'll be able to sell it as a full-priced box set even if only three hit the air before the apparently inevitable drop from primetime.

There's a Facebook fan page with 1,500 members, and *DollhouseForums.com*, where the online campaign to save the unseen show is being coordinated, with pleas to buy merchandise, increase online trailer viewership, organize viewing parties and create more Dollhouse fan sites. (I hate to be Mr. Downer here, but aren't viewing parties likely to hurt the show, as they mean fewer TV sets tuned to Dollhouse on the nights it airs, not more? Ratings aren't like carpooling, after all, though I guess it gives you an opportunity to show off your Buffy action figures to people who won't go all glassy-eyed and mouth "loser" when they think you're not looking.)

Some fans are already worried, however, that the preemptive fan campaigns might hurt, not help, the show. "There is a fine line to walk so that this won't be another obnoxious Whedon fan campaign that will piss people off and make them talk negatively about the show in advance," writes one TamaraC on one forum. "Please be careful." Good point, though since the show is airing on chop-happy Fox, I'd call this prudent, if a little bit high school sci-fi club.

Rick McGinnis writes about music, movies, books and television, but not opera. He walked 47 miles of barbed wire and has a cobra snake for a necktie.

movies

McGregor joins Amelia project

CASTING Ewan McGregor will co-star with Hilary Swank, Richard Gere, and Virginia Madsen in Fox Searchlight's Amelia Earhart biopic Amelia, ew.com reports.

The movie, directed by Mira Nair (Monsoon Wedding) from a script by Ron Bass (Entrapment), focuses on the aviation legend (Swank) and her rise to fame, marriage to publisher George Putnam (Gere), and affair with Gene Vidal (McGregor), father of author Gore Vidal. McGregor will squeeze Amelia in between other projects. METRO NEWS SERVICES

Bond book launched in style

A new James Bond novel, published to mark the centenary of 007 creator Ian Fleming's birth, was launched yesterday onboard HMS Exeter in central London, BBC News Online reports.

new Bond

» Out today, the book takes Bond to London, Paris, and the Middle East.

Seven copies of Devil May Care, written by Sebastian Faulks, were brought along the River Thames on a Royal Navy sea boat escorted by two Lynx helicopters.

They were then signed by the author in the presence of Fleming's nieces, Lucy Fleming and Kate Grimond.

Out today, the book takes 007 to London, Paris and the Middle East.

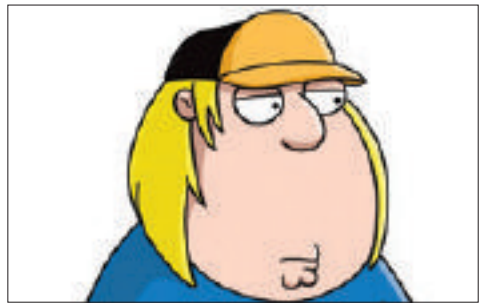
Plot details have been kept a closely-guarded secret, though it is known the story is set in 1967 during the Cold War. METRO NEWS SERVICES

	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/28/08 primetime	267	351	- ACCESS	Law Order: CI		Perfect	Simple	Supernatural		Supernanny (N)		Help TV
	243	317	3 CFCN	eTalk	Jeopardy!	CSI: NY (HDTV)		So You Think You Can Dance (N)				News (N)
	-	-	4 BROAD	Broadcast News		Broadcast News News.						
	-	371	5 KXLY	News	News	Entertain	Insider	Wife Swap (N)		Supernanny (N)		Men-Trees
	245	306	6 CBRT	NHL Hockey: Stanley Cup Final				To Be Announced				National
	244	338	7 CICT	ET	Entertain	ReGenesis		The Office	Name Earl	'Til Death	Back	News
	246	-	8 CKAL	Friends	Friends	Supermodel		Rock of Love		Men in Trees		Your City
	119	705	9 CBXFT	Des suel	L'Epicerie	La Petite Séduction		France		Le Téléjournal (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	Friends	Scrubs	Price Is Right		Criminal Minds		CSI: NY
	-	374	14 KSPS	News-Lehrer		Windsors-Royal		Great Performances		Rolling		Secrets
	502	390	15 CBC	National		National		National		National		Extreme
	-	370	16 KHQ	NHL Hockey: Stanley Cup Final				Paid Prog.	Paid Prog.	Dateline NBC		Dateline
	-	373	22 KAYU	'70s Show	Simpsons	Two Men	Two Men	So You Think You Can Dance (N)				News (N)
	297	652	37 WPIX	Farmer Wants a Wife		CW11 News at Ten		Fam. Guy	Two Men	Sex & City	Will-Grace	Frasier
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Grace
sports	400	400	21 TSN	NBA Basketball: Conf. Final				SportsCentre		Boxing: Gamboa vs. Jimenez		
	408	418	27 net	FullTiltPoker.net		MLB Baseball Toronto Blue Jays at Oakland Athletics. (Live)						Sportsnet
	410	403	30 SCORE	(5) RaceNight		Score Tonight		The Spin		Score Update		Update
	411	457	44 OLN	The Rig	Mans	Travels	Globe	Pilot Guides		Don't Forget		Ed's Up
	417	406	48 SPEED	Pinks	Pinks	Pass Time	Pass Time	Pinks	Pass Time	Unique Whips		Pinks
family	552	543	20 YTV	Drake	iCarly	Malcolm	Prank Ptrl	Fries	Monster	Futurama	Shadow	Falcon
	557	541	39 FAM	Zoey 101	Life Derek	So Raven	Smart Guy	Suite Life	Sadie	Montana	Life Derek	School
	555	545	67 TOON	6teen	Johnny T	George	Road Run	Scooby	Futurama	Tripping	Tripping	Chicken
cable variety	575	583	11 CMT	Reba	Faith	Home Imp.	Roseanne	Totally "1996"		Reba	Faith	Home Imp.
	553	546	17 TREE	Little Bear	Spider	Big Comfy	Rolie Polie	Berenstain	Babar	Backyard	Dora	Quilt
	-	-	18 CHTV	'70s Show	E! News	Zoe-Wild Card		A Trick of the Mind (2006, Suspense)				News (N)
	505	398	19 TWN	EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping	House	Will-Grace	Friends	Shopping	Style Jury	Cookies	Stuck	Maxed
	521	560	24 TLC	Jon Kate	Jon Kate	Jon Kate	Jon Kate	Jon Kate	Jon Kate	Jon Kate	Jon Kate	Jon Kate
	603	561	25 FOOD	Iron Chef America		Dinner: Impossible		Challenge		Iron Chef America		Dinner
	615	520	26 A&E	CSI: Miami		CSI: Miami		CSI: Miami		CSI: Miami		CSI: Miami
	617	522	32 SHOW	Trailer	Billable	ReGenesis		Da Vinci's Inquest		Trailer	Rent	Life
	601	562	33 SLICE	Find-Husband		Trading Spouses		X-Weighted		Find-Husband		Trading
	-	633	34 ENC2	(7:15) Kootenai Brown (1991, Western)				Old Gringo ★★ (1989, Adventure)				Malice
	520	505	35 DISC	Dirty Jobs		Mayday (N)		Daily Planet		MythBusters		Really Big
	620	523	36 BRAVO	These Girls ★★ (2005, Comedy)			Bravo	Law & Order		Without a Trace		Kama
	294	650	40 WPCH	(6) We Were Soldiers			Seinfeld	Friends	Friends	Frasier	Frasier	We
	626	547	41 COM	Laughs	Comedy	Air Farce	22 Min	Laughs	Corner	Simpsons	S. Park	Black
	-	539	42 TCM	Man-Gold Arm		(8:15) The Manchurian Candidate (1962, Suspense)					Not as a Stranger	
	628	584	43 SPIKE	UFC Unleashed		The Ultimate Fighter		UFC Unleashed		CSI: Crime Scn		Fighter
	522	516	45 HIST	Disasters	Mastrmnd	NCIS		Inventors	Legends	Working Over Time		NCIS
	627	528	46 SPACE	Star Trek Gen.		Supernatural		Stargate SG-1		Star Trek: Voyager		Enterprise
	-	-	47 AMC	(6) Jurassic Park (1993)				(8:45) Sniper ★★ (1993, Action)			Missing in Action 2	
	619	525	49 TROP	Inside Box	Vanity	TV Made	Ad Pers	ET	What	Fam. Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Property	City	Unsellable	Buy Me	House	Secrets	Potential	My House	Property
	501	391	52 CTV	CTV Newsnet		News	CTV News	News	CTV News	News	News	News
	504	508	70 BNN	Squeeze Play		Market Call		Business News		Market	Workopol	Squeeze
	526	507	92 CLT	Imperiuim		Traders		The West Wing		The District		Imperiuim
	269	350	93 APTN	First Talk	News	APTN National News: Contact				Northern Exposure		500Natns
	-	-	94 MCP	News	News	The Land	Daughters	Vancouver	Pop	Sabor Latino		Hola Que
	571	581	100 MMM	Listed		Lyrics	Lyrics	Celebrity Rehab		Scott Baio	Salt Pepa	Popagan
	570	580	101 MM	The Shift		PunchMuch		Gone Wild	Gone Wild	Punk'd	Untrue	Gone Wild
	581	566	102 MTV	The Real World		The Real World		MTV Live		The Real World		Real Wrld

critics' corner

Family Guy

If you're fond of Texas, don't watch. When members of the Griffins' church think Stewie is possessed by the devil, they come down in force to exorcise him. Terrified by the congregation's zealousness, Lois grabs the family and goes on the run. They wind up in Texas, where, despite meeting a multitude of stereotypical characters, they are made welcome by the locals. Lois is so happy there, she refuses to tell the family when it's safe to go home again. 6:30 PM on TROP



The Man With the Golden Arm

Frank Sinatra's acting career was on the wane when his shattering performance in director Otto Preminger's stark 1955 drama did much to resuscitate it. So effective that it's often painful to watch, Sinatra's depiction of a desperate junkie caught between two women (Eleanor Parker, Kim Novak) reportedly was based on his own observations of actual drug addicts. Darren McGavin co-stars. 6 PM on TCM

The Manchurian Candidate

This first-rate 1962 thriller showcases the work of director John Frankenheimer at its best. Withheld from distribution for years, reportedly at the behest of producer and star Frank Sinatra, the drama casts "the Chairman of the Board" as an ex-soldier who learns another war veteran (Laurence Harvey) has been brainwashed into committing a political assassination. Angela Lansbury is great as Harvey's evil mother. 8:15 PM on TCM

celebritybuzz

Knowles could be Bond's musical muse

R&B star Beyoncé Knowles has reportedly been approached to replace Amy Winehouse and record the theme song for the forthcoming Bond movie, Quantum of Solace, *imdb.com* reports.

Rehab hitmaker Winehouse was rumoured to have been dropped as the film's official musical muse after DJ Mark Ronson told reporters he had scrapped his 007 collaboration with the singer, because she was not "ready" to work on music after a recent return to her erratic ways.

Metro News Services

Scott Gries/Getty Images

Combs turns screenwriter

Sean 'Diddy' Combs has been so inspired by this year's Cannes Film Festival, he is now writing his own big-screen project, *imdb.com* reports.

The hip-hop star has previously expressed an interest in pursuing a career in Hollywood, and has even made acting appearances in films such as Monster's Ball and Made. But now the rap mogul, who made his first trip to the French event this month, is desperate to prove he also has what it takes to become a filmmaker.

And he has already compiled his shortlist of leading stars. He says, "I'm writing a film, a comedy. For actresses (who could be cast), I'm thinking Angelina Jolie or Sienna Miller. For actors, Eddie Murphy."

Metro News Services

Gareth Cattermole/Getty Images

Johansson won't tour

Scarlett Johansson won't tour her new album, *femalefirst.co.uk* reports.

The Match Point actress has recently released an album of Tom Waits covers, entitled Anywhere I Lay My Head but has decided against live performances in support of the release.

Scarlett said recently she was considering some festival performances to help combat her stage fright.

She said: "It would be sad to not get the band together. Whether it's at a festival or somewhere that's kind of fun.

"But I have horrible stage fright, so it would have to be overcome. People approach me and my usual answer is, 'Ah, I'll think about that'.

"When I do think about it, I start to get really sweaty and uncomfortable and itchy around the neck."

However, a spokesperson for her record label has now said: "Music is purely a hobby for her. Now that she's engaged as well [to actor Ryan Reynolds] the opportunities seem to have become even more limited."

Metro News Services

Evan Agostini/Getty Images

Affleck warns against stars with causes

Ben Affleck says it's important to be skeptical of celebrities who peddle pet causes, but that won't stop him from advocating for an end to the violence in Sudan, *usmagazine.com* reports.

"I think it's probably a healthy thing to keep that level of cynicism about celebrities who get involved with things," the actor told CNN in an interview from the war-torn country last week.

"[But] it's largely irrelevant what one thinks of me," he added. "I could be vain and self-aggrandizing, but it's totally irrelevant to what I've pointed the camera at — showing you something that is completely honest, which is that this situation and this potential civil war here demands attention regardless of what you think about me."

The Oscar winner said he has been travelling in Sudan to learn about the situation on the ground and talk to experts.

"I wanted to really feel like I understood the place and learn as much as I could about it, before I got into trying to be an advocate," he said.

Metro News Services

Francois Durand/Getty Images

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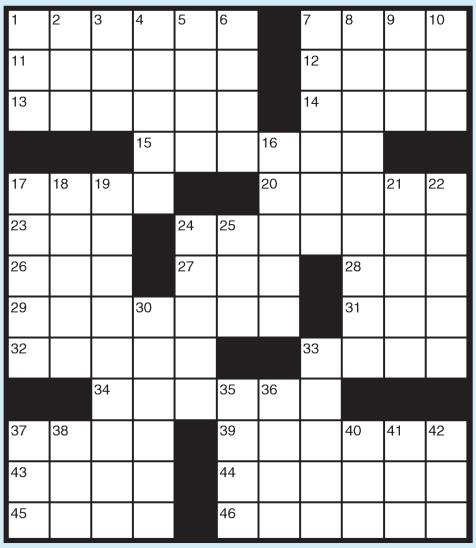


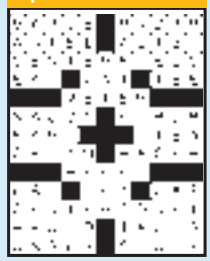
down »

1 Short stroke
2 Eroded
3 Seasonal drink
4 Silver bar
5 Read over
6 Frau's spouse
7 Pilot
8 Pics
9 "— a deal!"
10 Bribe
16 Morning sound
17 Owner's paper
18 "Hound Dog" singer
19 Hockey plays
21 Namely
22 Appears
24 Defeatist's words
25 Kilmer of "The Doors"
30 "Bugsy" star
33 "Graceland" singer
35 Mil. sch.
36 Vatican surrounder
37 Paris pal
38 Set afire
40 Wager
41 Mr. Lincoln ...
42 ... and his son

across »

1 Breakfast choice
7 Without repair
11 Immediately
12 Quite fond of
13 Handout seeker
14 Rough voice
15 Highway entrance
17 Trial
20 Survives
23 Unlucky
24 Scott classic
26 Dam-building org.
27 Roadster
28 Need to pay
29 It prevents chapping
31 The Cratchit boy
32 German steel city
33 Fast jets
34 1962 John Wayne film
37 Tons
39 Fighting
43 Fly catcher
44 Living cell
45 Wee
46 In need of the body shop

previous answer



HOROSCOPE

ARIES | March 21-April 20
Be real with someone special. Nonchalance works wonders during a disaster. Keep a stiff upper lip over someone's bad manners.

TAURUS | April 21-May 21
A co-worker tries to trip you up in a crucial project. Appreciate extra thoughtfulness after a fiasco. A visitor wants to change his mind.

GEMINI | May 22-June 21
A lie touches on the truth. Rely on a trusted friend to give good advice. A family member gives some unwelcome criticism.

CANCER | June 22-July 22
Lend a hand to complete a project. Forgotten exploits are out in the open. A senior relative is considerate and agreeable.

LEO | July 23-Aug. 23
Dream images refuse to release you. Avoid involvement in Internet romances. Postpone making any plans for Saturday.

VIRGO | Aug. 24-Sept. 22
There's movement in store for cherished dreams. Count your chickens before they hatch. A dishonest male has fateful plans.

LIBRA | Sep. 23-Oct. 23
Be optimistic that a situation will work out. Find an eye-opening solution to a dilemma. An invitation to meet will be warmly received.

SCORPIO | Oct. 24- Nov. 22
The wrong person is placed in charge. Distress just rolls off your back. All paths lead to delight in relationships.

SAGITTARIUS | Nov. 23- Dec. 21
Unfair comparison of circumstances is harmful. Snide comments result from disillusionment. Kisses can restore emotional balance.

CAPRICORN | Dec. 22-Jan. 20
Hope grows for a soon-to-be completed project. Answer the call to lessen debts. Prepare for a tame ride in your love life.

AQUARIUS | Jan. 21-Feb. 18
A cautious approach to a relationship saves the day. You get recognition for your expertise. New shoes provide good cheer.

PISCES | Feb. 19-Mar. 20
Resist efforts to give up on your beliefs. Check your values before accepting a shady deal. You know how good you've been.

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STICKLERS
by Terry Stickels
Here's a "trickdown" puzzle. The rules are simple; you merely change one letter on each line to make a new word and continue until you reach the final word. Note: More than one answer may exist.
FERNS
CAGED

Yesterday's Answer

	1		7		5			2
				9		4		5
				4		1	7	
	4						6	7
			3		2			
9	3						1	
	2	5		7				
6		8		3				
1			8		9		3	

instructions »

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time »

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

6	4	7	5	1	8	3	9	2
2	1	8	7	3	9	4	6	5
3	9	5	2	4	6	7	1	8
9	5	2	4	6	7	1	8	3
4	8	1	3	2	5	9	7	6
7	3	6	8	9	1	2	5	4
1	6	4	9	8	3	5	2	7
5	2	9	6	7	4	8	3	1
8	7	3	1	5	2	6	4	9

This Day IN HISTORY

May 28, 1930: The Chrysler Building in New York City officially opens.

May 28, 1937: The Golden Gate Bridge in San Francisco, Calif., is officially opened by U.S. President Franklin D. Roosevelt in Washington, D.C., who pushes a button signalling the start of vehicle traffic over the span.

May 28, 1940: World War II: Belgium surrenders to Germany.

May 28, 1952: The women of Greece gain the suffrage.

Metro News Service

Calgary weather

The Weather Network
theweathernetwork.com

Afternoon	Tonight	Thursday	Friday	Saturday
Sunny. 21°	Partly cloudy. Low 5°	Sunny. 21°/ 10°	Variable. 19°/ 8°	90% Rain. 18°/ 9°

Temperature
Normals
High: 18.4°
Low: 4.4°

Records
High: 31.7°/1986
Low: -5°/1947

Sunrise: 5:29 a.m.
Sunset: 9:38 p.m.
Moonrise: 2:27 a.m.
Moonset: 1:58 p.m.

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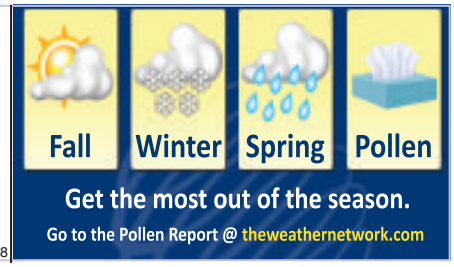

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0915970

New 2008 Chrysler SEBRING Convertible

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0897531

New 2008 Jeep PATRIOT 4x4

$199 per month
0897246

New 2008 Jeep COMPASS LTD 4X4

$199 per month
0816131

New 2008 Dodge DAKOTA EXT CAB 4x4

$199 per month
0815886

New 2008 Jeep WRANGLER

$199 per month
0816115

New 2008 Jeep COMPASS

$188 per month
0897123

New 2008 Dodge RAM TRX4

$194 per month
0816113

New 2008 Jeep WRANGLER UNLIMITED

$199 per month
0816116

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